

450 Bryant Street, Palo Alto  
650-289-5400

[www.avenidas.org](http://www.avenidas.org)

## Avenidas Village Coffee Chats!

Join us for coffee and treats as you listen to our members describe how Avenidas Village has helped them stay in the homes that they love. There are 12 seats available at each chat.

### *Reserved seating only.*

We look forward to meeting you!

Please email  
[rmccaughan@avenidas.org](mailto:rmccaughan@avenidas.org) or  
call 650-289-5405.

**Thursday, March 14, 10 AM  
RSVP Today!**

*All events and activities are held at Avenidas, 450 Bryant Street, downtown Palo Alto, unless otherwise indicated.*

## SPECIAL EVENTS

### Wine Appreciation

**Instructor: Judy Morley**

**March topic: Where in the World?**

One specific geographical region will be the focus of this month's class. Join us to find out where! No matter their point of origin, we will taste locally available and affordable wines. Refreshments provided. **Bring your own glass.**

*Space is limited. Pre-registration required.*

**Friday, March 3, 3 to 4:30 pm, \$15/\$20, BC 8875**

**– Please RSVP**

### What is Sourcewise? How Can They Help Me?

**Presenter: Rene Ramsay, Community Resource Specialist**

Sourcewise is a nonprofit organization based in Santa Clara County since 1973. Their mission aims to provide adults and their caregivers the tools and services they need to effectively navigate their health and life options. Through a comprehensive network of resources, Sourcewise strives to educate, prepare, support, and advocate for all adults, their families, and their caregivers within the County. Learn about programs and services such as: Meals on Wheels, Health Insurance Counseling & Advocacy Program (HICAP), Senior Employment, Care Management, and other programs.

**Monday, March 20, 1:30 to 2 pm, free, BC 8951 – Please RSVP**

### The Intelligent Internet

**Presenter: Jim Baldwin, Founder, Antimatter Research**

We hear a lot about Artificial Intelligence, or “A.I.” lately. The movies sometimes use A.I. to depict a dystopian future, but we believe it can be a force for good.

Today, A.I. is a very useful tool that can be used to make our lives easier. You have seen it in action in Apple's “Siri”, and Amazon's “Alexa”. These are great services, but they are just starting points. The future of A.I. can be so much more.

Antimatter Research is a startup in Palo Alto that is creating a service that uses A.I. in a way that makes the Internet easier and safer to use. Come join us to hear more about what we're doing and see how you can help us shape the product.

**Tuesday, March 21, 2:30 to 4 pm, free, BC 8791 – Please RSVP**



## SCREENINGS

- *Appointments required unless indicated. Call 650-289-5400 or stop by Avenidas.*

### Drop-in Blood Pressure Screenings

**Provided by: Registered Nurses**

Avenidas Lobby:

**Thursdays, 10 to 11:30 am, free.**

Cubberley:

**Wednesday, March 22,**

**9:30 to 10:30 am**

### Monthly Skin Cancer Screening

**Provided by PAMF Dermatologist,**

**Dr. Kate Kramer**

An opportunity to check out the questionable changes that occur on the skin to existing moles, sun exposed areas, and other spots that are of concern. For ages 50+, no disrobing allowed, waiver required. Call 650-289-5400 or stop by the front desk for an appointment.

**Tuesday, March 21,**

**10 to 11 am, free**

## GAMES & RECREATION

### Monthly Book Group

**Facilitator: Phil Lumish**

Read and discuss something new. Call Phil at 415-265-0851 for details.

**March title:** *The Girl in the Spider's Web:*

*A Lisbeth Salander novel, continuing Steig Larsson's Millennium*

**Author:** David Lagercrantz

**Thursday, March 23,**

**2 to 3:30 pm, free.**

### English Chat Club

**Facilitator: Marian Sanders**

Open to anyone who struggles with English as their second language and wants to improve in a relaxed, comfortable, and fun atmosphere.

Drop in.

**Fridays, 12:30 to 1:30 pm, free.**

### Chess Games and Challenges

**By Appointment** - Monday through Friday.

All levels welcome. Lessons available for beginners.

Contact Bill at williamylee@sbcglobal.net or 650-325-7744, free.

**Open Chess Day** - Wednesday of every week, from 1 to 5pm. Players do not need to make an appointment to have a game. Please feel free to drop-in and enjoy the games, free.

**Simultaneous Game** - Avenidas expert available to challenge up to six players in a simultaneous game, **Thursday, March 9, 2 pm. Open only to seniors 50+.**

*RSVP required.* Contact Bill at williamylee@sbcglobal.net or 650-325-7744, free.

### Needlework Club "Club Aveneedles"

Dust off those knitting needles and crochet hooks and join Club Aveneedles. Please be comfortable with basic needlework and bring your own supplies (although some knitting needles and yarn are available). There is no instruction, but light assistance available. This club is appropriate for the low-intermediate to advanced level. Keep your creations or let Avenidas donate them to charitable organizations.

**Fridays, 2:30 to 4:30 pm, free.**

### Get in on the Adult Coloring Craze!

Everybody's doing it! Coloring helps you de-stress, get in touch with your creative side and gives you an opportunity to socialize in a very casual setting. We have different kinds of pencils and markers, as well as tons of pre-printed designs to choose from at the front desk. Stop by to sign out some supplies and – go ahead – relax in our lobby, library, Friendship Room, or on the patio while creating something beautiful!

*Supplies available Monday → Friday, 9 am to 4:30 pm and must be returned to the front desk before close of business. Free.*

## Chinese Classical Mahjong

**Instructor: Sylvia Jeans**

Join an ongoing game or sign up for lessons two consecutive weeks.

Call 650-327-6216 to register or join.

**Mondays, 1 to 4 pm, free.**

## Bridge Game

Drop-in games for intermediate players, no lessons. Email Vicki at

[vickisue.bennett@yahoo.com](mailto:vickisue.bennett@yahoo.com) for info or to join a game.

**Fridays, 1:30 to 4 pm, free.**

## Non-scary Duplicate Bridge

Join a friendly, casual bunch for three hours of fun on Friday.

**Fridays, 1 to 4 pm, \$2/\$3.**

# MOVIES & FILM SCREENINGS

## Movies on Thursdays

Includes popcorn and drinks. Please stop by the Front Desk for your admittance ticket upon arrival.

**March 2:** *Captain Fantastic* (2016)

Viggo Mortensen, Frank Langella, Kathryn Hahn (R) Drama

**March 9:** *A Hologram for the King* (2016)

Tom Hanks, Alexander Black, Sarita Choudhury (R) Drama

**March 16:** *The Meddler* (2016)

Susan Sarandon, Rose Byrne, J.K. Simmons (PG-13) Comedy

**March 23:** *Pete's Dragon* (2016)

Bryce Dallas Howard, Oakes Fegley, Wes Bentley (PG) Family Adventure

**March 30:** *The Hollars* (2016)

Sharlto Copley, Charlie Day, Richard Jenkins (PG-13) Comedy

**1:30pm start, \$0/\$2**

## United Nations Association Film Festival –



*The United Nations Association Film Festival (UNAFF) screens documentaries by international filmmakers dealing with topics such as human rights, environmental themes, women's issues, children, refugee protection, homelessness, racism, disease control, universal education, war, and peace. By bringing together filmmakers, the academic community, and the general public, UNAFF offers a unique opportunity for creative exchange and education. For more details please visit [www.unaff.org](http://www.unaff.org)*

## March Screening:

***On a Tightrope* ← Rescheduled from February**

In an orphanage in the Chinese province of Xinjiang, children study tightrope walking. The children are Uighurs, the largest Muslim minority in China. Fearing the Uyghurs' separatist movement, China rules with an iron fist in Xinjiang. Youngsters are forbidden to profess their religion. Walking the tightrope is an age-old tradition, and their feats are spectacular. The children look up to their coach, but his intentions are dubious. After nine months of intense training, most children are told they have failed and will not be able to continue the course. Then, an elderly retired tightrope walker shows up and becomes their new coach. Lovingly and patiently, he teaches the children to walk the tightrope, this time with success.

**Director:** Petr Lom

**Producer:** Torstein Grude  
(60 minutes) China/Norway

**Monday, March 13,  
2 to 3:30 pm, free, BC 8897**

# LECTURES & WORKSHOPS

**Session #3: Doing Good and Doing it Right: Making Tax Smart Gifts during your Lifetime**

**Presenter: Liza Hanks, Partner, Finch Montgomery Wright LLP in Palo Alto**

Learn about how even small gifts now in the form of Roth IRA matching contributions or 529 College Savings Plans can make a huge difference in someone's life down the road. Learn how to make charitable gifts during your lifetime that benefit both you and charities. Find out about the tax benefits of donating appreciated assets, the use of Donor Advised Funds, and charitable rollovers from IRAs.

**Friday, March 10,  
11 am to 12:30 pm, free  
BC 8941- waitlist only**

**Repeated Class: Friday, March 31,  
11 am to 12:30 pm, free,  
BC 8948 – Waitlist only**

## **Garden Club**

**Presenter: Vera Karka, Santa Clara Master Gardener**

**Topic: Beginning Vegetable Gardening**

Have you wondered what it takes to grow a successful vegetable garden? Come listen to Master Gardener Vera Kark tell her story. She documented her first foray into vegetable gardening with photographs that tell the story. From soil preparation to harvesting the bounty, you will see the Master Gardener way of growing vegetables.

**Friday, March 10,  
1:30 to 3pm, free BC 8876**

## **CHP Age Well, Drive Smart**

Half-day seminar presented by the California Highway Patrol covering topics related to driver safety for seniors. Including: myths about older drivers, rules of the road, safe driving tips, mobility options in the public transportation system, confidential self-assessments, compensating for age-related changes, the roles of nutrition, fitness and medication will be discussed. Certificate received may be given to insurance provider for a POSSIBLE discount. Pre-registration required. Call 650-289-5400 or stop by the Front Desk

**Wednesday, March 15,  
9 am to 1 pm, free, BC 8943 – Please RSVP**

## **Using Your Family Dog to Help you Maintain Independence**

**Presented by: Jean Cary, Service Dog Tutor**

Recovery from a stroke, trauma, surgery or dealing with a progressive disease can leave a person with diminished physical ability. Completion of everyday activities can become daunting. A dog that is well trained in the basic obedience commands of sit, stay, down, and come can be taught behaviors to assist the owner. For example:

- Retrieving items from the floor to decrease the risk of falls
- Opening cupboards and drawers
- Switching on lights
- Locating missing items and bringing them to owner (phone, keys, etc.)
- Alerting to a medication alarm and bringing owner their medication pack
- Alerting a person with hearing deficit to the phone, doorbell or fire alarm
- Providing balance support for walking and stairs

**Many breeds of dogs are adaptable for service work with patience and positive reinforcement training.**

Find out how task training will improve your relationship with your dog.

**Friday, March 17,  
11 am to 12:30 pm, free, BC 8972  
– Please RSVP**

## **POLE Walking for Balance, Exercise & Maintaining Mobility**

**Instructor: Jayah Faye Paley, Educator, Mobility Coach and a Certified Personal Trainer**

Learn skills and practice movements that will keep you on your feet and help you maintain your independence. Optimal use of poles helps you improve balance, endurance, confidence, agility and posture - you'll feel Taller and Stronger! Easy-to-learn techniques in this fun and entertaining session enable people with mobility challenges to experience profound freedom of movement and a smoother, more fluid walking gait. Practice pole walking on gentle paths near the center. A variety of top quality poles provided (including special balance tips and more active walking tips) so you can discover which poles fit you best and will help you to achieve your goals.

**Tuesday, March 21,  
9 to 11:30 am, \$28, BC 8849 – Please RSVP**

## **Traveling Alone and Loving It!**

**Presenter: PA Moore, Ed.D**

You love to travel, but your family and friends aren't so keen. So what's stopping you from going alone? Learn how to identify and overcome barriers to traveling as a woman alone. Embrace the freedom of setting your own schedule. Let go of the fear and enjoy the challenges and the opportunities that solo travel allows.

Dr. P.A. Moore has traveled alone on more than 25 trips in the past 20 years while her husband stays home and takes care of the chickens. She will share her tips and experiences to give you the confidence you need for independent travel.

*Space is limited. Please register early.*

**Wednesday, March 29,  
9:30 to 11:30 am, \$10, BC 8963  
– Please RSVP**



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## COMPUTER LEARNING CENTER

*Whether you are a beginner with little computer experience or a seasoned veteran, we have a tutor who can help you. The Avenidas One-to-One tutoring service offers you a 50-minute session with an expert tutor, working on whatever you are having problems with or would like to learn on your PC, Mac, iPhone, iPad or Android smart phone or tablet.*

*Call Lois at 650-308-4252 (308-4CLC) for information and to make your appointment. By appointment, \$5/\$10*

## SUPPORT GROUPS

**Caregiver Support Group** ← *Please note additional day*

**Facilitated by: Paula Wolfson, LCSW**  
Drop-in support group held on every Monday.  
Questions? Call Paula at 650-289-5438.  
**Mondays, 11:30 am to 1 pm, free.**  
**Fridays, 10:30 am to 12 pm, free.**

**Parkinson's Support Group**

*Sponsored by: Stanford's Parkinson's Outreach and Caregiver Support Program*  
The group provides a supportive environment in which people with Parkinson's Disease, and their caregivers, family and friends can share issues involved in living with Parkinson's. The group provides information about Parkinson's through guest speakers, demonstrations and round table discussions. Topics include: new research, medications, coping strategies, and more. Contact Robin Riddle: 724-6090 or [riddle@stanford.edu](mailto:riddle@stanford.edu) for further information

**Speaker: TBA**

**Topic: TBA**

**Wednesday, March 8,  
2 to 3:30 pm, free.**

## FITNESS

**Avenidas Walkers**

**Coordinator: Mark Alguard**

We offer two walks each week: flat Tuesday walks, usually in the local bay lands; and more varied walks on Thursdays, usually in nearby parks but sometimes further afield. Whichever is right for you, count on spending an enjoyable morning in attractive settings with engaging companions.

Tuesday walks meet up at the trailhead at 10:00. These walks are around 2.5 flat miles and typically get back to the start by 11:30. Thursday walks usually are in the 3.0 to 5.0 mile range with some climbing and return to the trail head in 2-3 hours. We hike in scenic local parks such as Wunderlich Co. Park or Russian Ridge OSP but occasionally venture further afield. Most Thursday walks start at 10:00 am. A lunch option often follows the hike.

For info and schedules, or to request a ride, contact Mark Alguard at [mark.alguard@gmail.com](mailto:mark.alguard@gmail.com) or 650-575-6291. Schedules are also available at the Front Desk.

**Tuesdays, 10 am, free.**

**Thursdays, 10:00 am (usually), 0/\$5.**

**“Yellow Jackets” Cycling Group**

**Leader: George Schuttinger**

Join a group of avid senior cyclers for rides around the Bay Area. Rides are usually around 2 hours with very little climbing. Stop by the front desk for a schedule or contact George.

Contact: [gschuttinger@hotmail.com](mailto:gschuttinger@hotmail.com)

**Mondays, 10 am. Free for members.**

# ASSISTANCE & COUNSELING

## **Avenidas Care Partners Counseling and**

**Consults:** 650-289-5438

**Information and Assistance:** 650-289-5433

## **AARP Tax Assistance and Electronic Filing**

**Sponsor: AARP Tax-Aide**

Assistance at Avenidas for low-to-moderate income taxpayers with special emphasis on those over the age of 60. Bring information for 2016 (income, cost basis information for taxable sales, deductible expenses, tax payments). If you were not on Medicare or a company-sponsored medical plan throughout 2016, bring your medical insurance information including Forms 1095-A, 1095-B, and/or 1095-C, if received. Please bring a photo ID and documents showing all Social Security numbers. **With a new tax program this year, we will not have any information on your earlier tax returns, even if done at Avenidas; please also bring copies of your federal and state 2015 returns and the data used in those 2015 forms.** AARP requirement is all returns must be filed electronically.

Free. **Fridays, through April 14.**

**BY APPOINTMENT ONLY.**

## **Advance Health Care Directives (AHCD)**

**Frieda Haidt, AHCD Counselor**

Communicate your health care preferences to your physician and loved ones. Bring a list of your agents and leave with your AHCD filled out, signed, and witnessed.

Appointment required. Call (650) 289-5400.

**Thursday, March 23,**

**9 to 11 am, \$5.**

## **Health Insurance Counseling and Advocacy Program (HICAP)**

Counseling to Santa Clara County residents 60+ about Medicare benefits, rights, and options, plus other health insurance-related questions. Appointment required. Funded by CA Department of Aging & Sourcewise. San Mateo County residents, call 650-627-9350.

**Thursdays, March 2 and 16,**

**9 to 11 am, free.**

## **Senior Adults Legal Assistance (SALA)**

For Santa Clara residents 60+ to support efforts to live safely, independently, and with dignity. San Mateo County residents, call 1-800-381-8898. 30 minute appts.

**Mondays, March 6, 13 and 20,**

**10 am to 12 pm, free.**

# DROP-IN WELLNESS CLASSES

*Register once, per semester, at the Front Desk or call 650-289-5400*

## **Mindfulness Meditation – Garden Room**

Wednesdays, 2:30 to 3:30 pm, free.

## **Tuina – Room 219**

Fridays, 9:45 to 10:45 am, free.

## **Rosen Movement – Garden Room**

Tuesdays (no class 2/14, 3/14, or 3/28)

11:30 am to 12:30 pm, free.

## WELLNESS SERVICES

- *For ages 50 and over.*
- *24-hour Cancellation Policy: If you do not call and cancel your appointment for paid services 24 hours in advance, we require payment.*

### **Foot and Hand Nail Care with A+ Pedicure Anny Beideler-Pfister**

Stop suffering the pain and embarrassment of unsightly nails (deformity due to fungal infection, thickness, calluses...). Let's get clean, trimmed, and smooth-edged nails. Service includes moisturizing and massage. No polish. Medical diagnoses and prescriptions are referred to a specialist.

\$45/\$50 manicure or pedicure (30 minute appts.) or \$55/\$60 for both manicure and pedicure (45 minute appts – available Tuesday and Wednesday PMs only).

**Call for dates and times.**

### **Acupuncture**

#### **Koichi Miyashita, PhD, L.Ac.**

Ultra-fine, sterile needles are used to stimulate meridian points on the body and restore balance. Acupuncture has therapeutic benefits including pain relief. Approximately 45 minute appointments.

**Mondays, 9:15 to 11:30 am, \$30.**

### **Massage & Reflexology**

#### **Ania Rapacz**

Massage is a great way to relax or soothe sore muscles. Reflexology is a healing art based on the idea that reflexes in feet/hands correspond to each body part. Massage can help stimulate the healing process. No disrobing. Extended appointments available.

**Tuesdays and Fridays, 9:30 am to 12 pm,  
\$35/\$45.**

## Senior Friendship Day at Cubberley!

4000 Middlefield Road, Palo Alto  
Free, drop-in programs every  
Wednesday, 9:30 am to 2:15 pm

*Lunch, \$3.00 contribution.*

*Reservations made each day, in person,  
before 10:30am.*

### **Continuous Wednesday activities:**

9 am – Arts and Crafts, Mahjong, cards,  
ESL, citizenship

9:30 am – Strong for Life

10:30 am – Tai Chi, Senior Aerobics

11:30 am – Bread Distribution

11:45 am – Lunch

12:45 pm – Line Dancing

### **Special Events:**

#### **March 1:**

11 am to 12 pm – Free haircuts for seniors.  
Please sign up in advance.

Lunch catered by La Comida.

#### **March 8:**

Extended arts and crafts.

Chinese lunch.

#### **March 15:**

*The Incredible Journey of the Butterflies* –  
A captivating Nova presentation  
recounting the 2,000 miles migration of the  
Monarch butterflies from the mountains of  
Central Mexico.

Lunch catered by La Comida.

#### **March 22:**

*Basic Interest* – This moving drama  
explores the difficulties faced by oppressed  
Chinese peasants through the generations.

9:30 to 10:30 – Blood Pressure Screening.

Lunch catered by La Comida.

#### **March 29:**

Extended arts and crafts.

Chinese lunch.

*For more information,  
please call 650-329-3752.*

## Reiki

### Sara Chong Von Guggenberg

An ancient method of hands-on healing focusing life force energy to stimulate your own natural healing process. Reiki is a form of natural healing that is often used to alleviate stress, chronic pain, or to boost energy. Half hour appointments. Extended appointments available.

**Wednesday, March 1 and 22,  
9 am to 12 pm, \$30/\$35.**

## Podiatry

### Robert Osheroff, DPM

Services provided by a medical professional licensed for over 20 years include: professional pedicure with removal of corns and calluses, trimming of normal, thickened, or fungal toenails, medical cure for nail fungus, treatment for plantar fasciitis, second opinions for surgery, and diabetic exams. 30 minute appointments.

**Wednesday, March 8,  
9 am to 4:30 pm, \$45/\$50.**

## Rosen Method Bodywork

### Heidi Vandermolen

Rosen Method Bodywork is a gentle form of therapeutic healing touch that accesses the unresolved feelings and emotions that get held within the body through muscle tension. This bodywork addresses the unconscious muscular holdings in the body allowing the release of muscular tension and creating the opportunity to heal.

***First session free!***

**Wednesdays, 1 to 5 pm;  
\$40/\$50 after the first session.**

## Durable Medical Equipment Loan Closet

Short-term loans of walkers, canes, shower chairs, portable commodes, etc. Returned equipment must be clean and in good condition. Wheelchair loans require \$25 deposit. Other items are free to borrow.

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# AVENIDAS

## LIVING BETTER WITH TECHNOLOGY CONFERENCE

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### MARCH 25

8:30AM - 3:30PM

**MITCHELL PARK COMMUNITY CENTER  
3700 MIDDLEFIELD RD., PALO ALTO**

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-  9 Tech Talks to choose from
-  Hands-on Exhibits
-  Lunch & Door Prizes
-  Keynote by Larry Magid (Tech Journalist)

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## REGISTRATION

**BEFORE MAR. 11: \$40/\$45 AFTER**



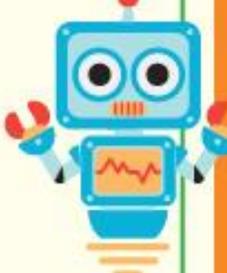
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**#AvenidasTech2017**



450 Bryant Street,  
Palo Alto, CA, 94301



Is your mailing label correct? If not, call 650-289-5400.

*Avenidas provides support, information, and community to enrich the lives of older adults and their families.*



**EMERGENCY PREPAREDNESS TIP for March:**

After a disaster your best resource is the person standing next to you. Create a network of neighbors, relatives, friends and co-workers to help you and/or whom you can help. Discuss your needs and know your friends’ needs and make sure everyone on your network knows how to operate any necessary equipment. If appropriate, discuss your needs with your employer. Plan to be self-reliant with food, water, spare batteries for your equipment, etc. for at least a week after a disaster as roads might be impacted, means of transportation compromised and personnel might not be immediately available.

If you live in Palo Alto, find out (epvolunteers@paneighborhoods.org) if your block has a block preparedness coordinator (BPC). BPCs are neighbors who have volunteered to check on others on their block after a disaster. Let him/her know what kind of extra help, e.g. transportation, an interpreter, etc., you might need in a disaster. If your block/apartment building/multiplex/etc. does not have a block preparedness coordinator, you can volunteer and/or invite others to volunteer.

*(Source: Ready.gov and Palo Alto Emergency Services Volunteers).*

Courtesy of Palo Alto Emergency Services Volunteers